



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



FALL GROUP FITNESS

***Updated 9/1/2020 – Core Yoga begins on 9/12**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00AM			SS – CIRCUIT Amanda Outdoors			
11:00AM						CORE Yoga Caroline Aerobics Room
6:00PM	Unleash the Beast Allison Outdoors	Zumba Sandy Outdoors	Vinyasa Yoga Caroline Aerobics Room	Zumba Sandy Outdoors		

CLASS DESCRIPTIONS

CORE Yoga

Designed to strengthen your core to support you in your yoga practice and during your day-to-day routines. Core Yoga is a fun and heat building practice that allows you to move with your breath while building strength and working on your core.

Silver Sneakers – CIRCUIT

Designed for Silver Sneakers participants to combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. A chair is also used for seated and/or standing support. This class will be held outside if weather permits.

Unleash the Beast

A high-intensity interval training workout that improves cardiovascular fitness, increases toning and maximizes calorie burn. Get ready to unleash your inner beast and push yourself in this fun and energetic class. This class will be held outside if weather permits.

Vinyasa Yoga

Through guided poses and a focus on controlled, mindful breathing will help people of all exercise levels find balance. This class combines the perfect blend of relaxation, posture, and breathing. It will also promote flexibility, stamina, and peace to the mind and body. We do ask that you bring your own mat. Masks will be required to wear during classes to ensure the safety of not only the instructor, but also to protect everyone participating in the class.

Zumba

The world's largest and exciting Latin dance-based fitness program. Just bring a towel and water while the instructor will take care of the music and making sure that every class is like a party! This class will be held outside if weather permits.